

April 2024 Newsletter



April Reminders



FLEXIBLE SPENDING

Flexible Spending



Mental Wellness



Benefits & Risk Management Team

April Reminders

APRIL IS STRESS AWARENESS MONTH

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues. Stop, breathe and relax, get enough sleep, and ask for support if needed. [Learn to put stress to rest](#)

"Health is a state of complete mental, social, and physical well-being, not merely the absence of disease or infirmity." –World Health Organization, 1948



Reminder!

Flexible Spending

This information is intended for employees who participate in Section 125 Flexible Spending.



FLEXIBLE SPENDING

As we approach the end of the school year any staff member that will not be continuing their employment with ECISD will have until **July 31, 2024** to use the remaining balance. If the balance is not used by **July 31, 2024**, the balance is forfeited.

Please review the attached list and FSA store link <https://fsastore.com> as possible flexible spending options

For Inquiries:

1-866-853-3539

For Claim Forms: WWW.fga.com

Kindness is catching

The definition of kindness is the quality of being friendly, generous, and considerate. It doesn't take much to be kind. Kindness can increase your sense of connection with different people. It is also contagious to be kind. There are many ways that you can be kind around campus or department. Start by telling someone good morning or complimenting their outfit or shoes, buying someone a drink, smiling, or even opening a door for someone. Kindness can increase:

- self-esteem
- empathy
- compassion improve mood
- decrease blood pressure and cortisol, a stress hormone



Kindness is great for your mind. It can boost serotonin and dopamine, which gives you the feeling of satisfaction and well-being and causes the pleasure/reward areas of your brain to rise and shine!

Being kind also means you should be kind to yourself. It can be easy for you to shame yourself and let negative thoughts creep in your head. Just as if you would be kind to others, you should act on those behaviors towards yourself as well. Thinking positive daily thoughts can become a habit which allows your body to feel happy and at ease. It doesn't keep you in that vicious negative cycle rather it promotes a healthy space. We want all the health and kindness we can get!

Now think... what are ways I can choose kindness today? What actions will I take? It would be helpful to brainstorm ideas and chose at least one act of kindness to complete daily. Watch your world change by just being kind to yourself and others.

www.cdc.gov

EMPLOYEE EXIT CONTACT GUIDE

The following Benefits information is provided to assist employees who have retired or voluntarily resigned from their employment with ECISD.

BENEFIT	CARRIER	WEBSITE	PHONE
TRS Teacher Retirement System of Texas	TRS	https://www.trs.texas.gov/Pages/Homepage.aspx	800-223-8778
Medical - COBRA	Aetna/First Financial	First Financial will send a COBRA notice - COBRA (18 months only)	800-523-8422 - (Option 4)
Dental - COBRA	MetLife/First Financial	First Financial will send a COBRA notice - COBRA (18 months only)	800-523-8422 - (Option 4)
Vision - COBRA	Superior by MetLife/First Financial	First Financial will send a COBRA notice - COBRA (18 months only)	800-523-8422 - (Option 4)
Retirement Plans (403b)	First Financial	403(b) Retirement Plan	800-523-8422 - (Option 2)
Retirement Plans 457b)	First Financial	457(b) - Retirement Plan	800-523-8422 - (Option 2)
FSA	First Financial	First Financial Site	866-853-3539
H.S.A	First Financial	First Financial Site	866-853-3539
Accident	MetLife	MetLife - Accident Insurance	855-564-6638 - (Option 2)
Hospital Indemnity	Aetna	Aetna HI Insurance Plan	800-607-3366
Permanent Life	Texas Life	Texas Life	800-283-9233
Group Life	The Standard	Standard Life	855-757-4717
Whole Life	Allstate	All state Whole Life	800-521-3535
Legal Shield	Legal Shield	Legal Shield	800-654-7757
ID Theft Protection	iLock	ID Theft	800-654-7757
Medical Transport	MASA MT	Medical Transport	800-643-9023
Dependent Care FSA	First Financial	Dependent Care FSA	866-853-3539
BENEFITS OFFICE	ECISD	https://www.ectorcountysid.org/Page/454	432-456-9789

COVERAGE TERM DATES

BENEFIT	CONTRACT DAYS	END DATES & NOTES	Scan QR Code
Medical (Health)	187	Exiting 5/24 - 7/31 - Term Date: 08/31/2024	
Optional Coverage	187	Exiting 5/24 - 7/31 - Term Date: 05/31/2024*	
Medical (Health)	197 - 227	Exiting 5/24 - 7/31 - Term Date: 08/31/2024	
Optional Coverage	197 - 227	Exiting 5/24 - 7/31 - Term Date: 05/31/2024*	
Medical (Health)	227	Exiting 5/24 - 6/30 - Term Date: 08/31/2024	
Optional Coverage	227	Exiting 5/24 - 6/30 - Term Date: 06/30/2024*	

Don't forget to update your mailing address in ESS before departing ECISD! <https://www.ectorcountysid.org/login.aspx>

*Late exit notice may extend month of coverage and last deduction EXCEPT for Medical (Health).

for links & copy of GUIDE.

ECISD Benefits & Risk Management Team

Website: <https://www.ectorcountysid.org/Domain/148> *432-456-9789 Benefits and Risk Management

Yolanda Gordon, Director of Benefits & Risk Management 432.456.9784 Yolanda.gordon@ectorcountysid.org

Estela Vejil, Risk Benefits Manager 432.456.9782 Estela.Vejil@ectorcountysid.org

Maria Melendez, Health Benefits Specialist 432.456.9780 Maria.melendez@ectorcountysid.org